



2020 Health Advocacy Activity Guide

Improving employee well-being is an important year-round initiative! This guide will help you plan and promote activities each month, and provide useful information to inspire your employees to be more fully engaged in their health.

Remember, this is only a guide—feel free to use some or all of the suggestions, switch up the activities or add your own! Plan your initiatives based on the greatest health needs of your organization.



Activity Calendar 2020

January

Making Self-Care a Priority

Health Observances:

Blood Donor Month
Healthy Weight Week

Suggested Activities:

- Arrange an onsite blood drive
- Encourage employees to see their doctor for a physical exam
- Distribute flyer: Top Self-Care Tips
- Hang poster: Top Reasons to Call Health Advocate

February

Get, and Stay, Heart-Healthy

Health Observances:

Heart Health Month
Wear Red Day
World Cancer Day

Suggested Activities:

- Encourage employees to wear red on February 7
- Advise employees to talk to their doctor about important health metrics such as cholesterol, blood pressure and triglycerides
- Distribute flyer: Live Heart-Healthy
- Remind employees all of the ways Health Advocate can help with serious diagnoses

March

Healthy Ways to Flavor Foods

Health Observances:

Nutrition Month
Sleep Awareness Week

Suggested Activities:

- Organize a healthy recipe swap day
- Distribute flyers: Healthy Eating Made Simple and Sleep Better for a Healthier You
- Provide a healthy snack
- Hold onsite dietitian consultations

April

Reducing the Stress of Healthcare

Health Observances:

Stress Awareness
Public Health Week
Earth Day

Suggested Activities:

- Encourage employees to step away from their workstations on breaks
- Arrange a group meditation session
- Plan a company-wide "green" activity such as planting a tree onsite or having a recycling day
- Distribute flyers: Top Reasons to Call Health Advocate and Tips to Reduce Healthcare Stress

May

Improve Your Well-Being at Work

Health Observances:

Employee Health and Fitness Month
Women's Health Week

Suggested Activities:

- Organize a "walk at work" day
- Hold a contest for the cleanest workstation
- Give out hand sanitizer
- Distribute flyers: Get Fit, Stay Fit and Top Women's Health Tips

June

Social Media Safety

Health Observances:

Safety Month
Men's Health Week
Family Health and Fitness Day

Suggested Activities:

- Plan a company picnic for employees and their families
- Distribute flyers: How to Have a Healthy Relationship with Technology and Top Men's Health Tips
- Encourage employees to have a digital detox and unplug from technology



Live Healthy, Be Happy!

July

Prepare for the Unexpected

Health Observance:

UV Safety Month

Suggested Activities:

- Distribute flyers: Proper Use of the ER and Sun Safety
- Advise employees to call Health Advocate to locate in-network hospitals and urgent care centers so they're prepared when care is needed
- Hang poster: Proper Use of the ER

August

Preventive Care Basics

Health Observances:

Immunization Awareness Month
Relaxation Day

Suggested Activities:

- Encourage employees to call their primary care doctor to ensure they're up-to-date on screenings
- Plan an onsite stress event and incorporate relaxing activities such as kinetic sand, coloring and yoga
- Distribute flyers: Quick Tips to Unwind and Keeping a Pulse on Your Health

September

Fitness is For Life

Health Observances:

Fruits and Veggies—
More Matters Month
Healthy Aging Month

Suggested Activities:

- Distribute flyers: Strive for 5 and Fitness is For Life
- Organize a fruit and vegetable potluck
- Remind employees that their parents and parents-in-law are eligible to utilize Health Advocate services

October

Get Healthy, Wealthy and Wise

Health Observances:

Breast Cancer Awareness Month
Get Smart about Credit Day
Evaluate Your Life Day

Suggested Activities:

- Organize a book swap day where employees can share books they've read
- Sponsor a charity event to raise money for cancer research or a cancer survivors fund
- Distribute flyers: Improve Your Credit and What's Your Why

November

Improving Well-Being through Kindness

Health Observances:

Diabetes Awareness Month
Great American Smokeout
World Kindness Day

Suggested Activities:

- Encourage supervisors to write letters of appreciation to their employees
- Organize a food drive to help stock local food banks
- Distribute flyers: What Is Diabetes?, Make a Plan to Quit Tobacco and Improve Your Well-Being through Kindness

December

Maintaining a Positive Attitude

Health Observances:

Safe Toys and Gifts Month
Handwashing Week
Look on the Bright Side Week

Suggested Activities:

- Create a company vision board
- Plan an employee team-building event
- Distribute flyer: Maintain a Positive Attitude
- Hang poster: Healthy Handwashing

Stay Connected for **Better Health**

We're here to help.

Contact your Health Advocate team. We have many solutions, materials and resources to help you promote your initiatives and programs.



866.799.2655

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We did the research.

Visit the Health Advocate blog each month for a comprehensive list of resources and articles from credible sources to help educate your employees and support your initiatives.

Blog.HealthAdvocate.com

We have the tools.

Your Health Advocate services include an enhanced member website and mobile app that provide employees with a wealth of information to support their total well-being.

Encourage your employees to visit **HealthAdvocate.com/members** or download the mobile app from the App Store or Google Play.



We're social!

Follow us on your favorite websites.

We love sharing! Use and share our posts for even more inspiration.



Helpful Tips

- Start planning early
- Consider employees' health needs, interests and your company culture
- Communicate and promote through multiple channels such as posters, emails, social media, company intranet, and mailers
- Ensure management demonstrates support for the program
- Ask for employee feedback

